



DEPARTMENT OF THE ARMY  
JOINT READINESS TRAINING CENTER (JRTC) & FORT POLK  
NONCOMMISSIONED OFFICER ACADEMY  
FORT POLK, LOUISIANA 71459

ATXZ-NCT

19 March 2012

MEMORANDUM FOR All Student attending the Fort Polk Warrior Leaders Course

SUBJECT: The Commandants' Iron Warrior Competition

1. Purpose: The Commandants' Iron Warrior Competition is designed to motivate junior leaders who attend the Fort Polk Warrior Leaders Course to arrive physically fit and ready to take on the challenges of leading from the front.
2. General: The Commandants' Iron Warrior Competition is a competition which gives one junior leader an opportunity to distinguish themselves above their peers as the most physically fit student, capable of setting the standards for all others to follow in the areas of physical and mental toughness. The competition is the APFT conducted on day 2 of WLC.
3. Standards: The APFT will be graded according to the Soldier's age and gender category IAW TC 3-22.20. The Soldiers who score 300 points or above according to their age and gender will be considered for the Iron Warrior Award. The extended scale will be used in the event multiple Soldiers score 300 points in their age category. The 17-21 year old age category will be used to determine the winner.
4. All events will be supervised and scored by the NCO Academy Cadre. Any discrepancies will be addressed with and decided by the Chief of Training. **NOTE: In the event of a tie the winner will be determined by an alternate event at the discretion of the Commandant.**
5. POC for this memorandum is the undersigned @ 531-4970.

(Original Signed)  
WALTON JONES  
CSM, USA  
Commandant